

# Research volunteers needed for a 16-week strength training study

To evaluate the effectiveness of a new resistance exercise device (RED) planned for use on the International Space Station

## Qualifications:

- 25 to 40 years of age
- Physically active, but must not have participated in any weightlifting program for at least the previous 6 months

## If you qualify and are willing to participate, you will receive:

- An Air Force Class III physical exam
- Laboratory testing before and after the training program
- 16 weeks of strength training (45 or 90 minute sessions, 3 sessions per week)
- Compensation for time and travel

*For more information, please call:*

Exercise Lab, Johnson Space Center (bldg. 261)

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Or:

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